

4th of July
Schofield Barracks is
the place to celebrate
Independence Day

See p. B-1.



599th redeploying 2nd SBCT cargo from Fort Irwin

DONNA KLAPAKIS

599th Transportation Brigade
Public Affairs

PEARL HARBOR — The 599th Transportation Brigade is facilitating the 2nd Stryker Brigade Combat Team,

25th Infantry Division, to redeploy cargo and equipment from the National Training Center at Fort Irwin, Calif.

Members of the 599th who are working the move noted that coordination with interested parties was the key

to success.

"In conjunction with 25th ID, we are tracking all cargo from the port to the installation, and we act as the liaison between the carriers and the shipper," said John Fisher, shipper quality

control regional office chief.

The first ship arrived June 8 at Honolulu Harbor Pier 52, and by the time all cargo and equipment is offloaded, about 1,650 pieces will have redeployed.

"The 599th's role is to serve as the Department of Defense's single port manager for ports in the Pacific command," said Carlos Tibbetts, 599th terminals management team chief. "We liaise with the units and track incoming cargo. We also send transportation management specialists to the ports to assist."

Each ship is on its individual schedule. The carriers bidded for and were awarded the contracts to move the cargo under the provisions of the Jones Act. Military cargo was added to vessels that had already been scheduled to come to Hawaii.

Daniel Martinez, 599th deputy director of operations, appreciated the chance to broaden the brigade's horizons by participating in such a big operation.

"This NTC redeployment was a good opportunity to remind us of the significant coordination that's required across all logistical partners to ensure a successful move occurs," Martinez said. "In particular, this was the first time in recent memory that a brigade-size element was moved utilizing an entirely commercial solution, requiring space in nine commercial vessels for deployment and upwards of 20-plus commercial vessels for the re-deployment."

The 836th Trans. Battalion and the Guam Detachment also sent a four-person deployment and distribution management team to Hawaii, June 11-21. The team inventoried cargo on the docks, June 17, after it had been offloaded at Pearl

See CARGO A-7



Gary Hofheimer Photography

HONOLULU — The Matsonia pulls into Pier 2, June 17, loaded with 2nd SBCT, 25th ID, rolling stock as part of the redeployment of cargo and equipment from NTC at Fort Irwin, Calif. (Photo has been altered from its original form; background elements have been removed.)

'Centurions' welcome PSD team home

Story and photo by

STAFF SGT. RICHARD SHERBA

8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — During the late hours of June 24 a 10-staff personal security detachment team from the 57th Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, boarded passenger vans at the Honolulu International Airport en route, here, to receive a welcome home from "Centurion" Soldiers.

The Centurions standing by, here, repre-

sented the entire 57th MP Co. joined by friends, colleagues and families.

To the family members who anxiously awaited their husbands and fathers it made no difference if it were 10 Soldiers returning or a thousand.

The ceremony befitted a much larger element.

From the handshake at the airport from Command Sgt. Major Charles Tobin, senior enlisted adviser, 8th TSC, to the final ride home on the H-1 freeway with the Centurion command team, to the welcoming from se-

nior leadership throughout the 728th MP Bn. and 8th MP Bde., the most important moment finally came — the hugs and kisses of wives and children.

This PSD team had responsibility for escorting, navigating and protecting battlefield leaders during a nine-month deployment to Afghanistan. It ensured the safety of battlefield leaders. Each PSD Soldier was willing to place self between the battlefield leader and harm's way at any given time.

See PSD A-4



Sgt. 1st Class Todd Bailey (in front of formation), NCO in charge, PSD team, 57th MP Co., salutes Capt. John Kennedy IV (left), commander, 57th MP Co., at the end of a redeployment ceremony, June 24, upon their return from a nine-month deployment to Afghanistan in support of Operation Enduring Freedom. The small detachment received a homecoming as enthusiastic as a much larger unit.



Sgt. 1st Class Maurice Smith, U.S. Army-Pacific Public Affairs

Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey addresses USARPAC Soldiers during a town hall meeting on Palm Circle, Friday.

Dempsey holds U'PAC town hall

STAFF SGT. KYLE J. RICHARDSON

U.S. Army Pacific Public Affairs

FORT SHAFTER — Soldiers and leaders filled several sets of bleachers at historic Palm Circle as Gen. Martin E. Dempsey, the 18th Chairman of the Joint Chiefs of Staff, addressed the audience during a town hall meeting, here, Monday.

Dempsey's trip to U.S. Army-Pacific's headquarters for a town hall meeting was sparked by his arrival for the beginning of the Rim of Pacific 2014 exercise, one of the largest international maritime exercises. The meeting provided him a chance to listen to Soldiers' concerns in the Pacific and answer questions related to those concerns.

Before the town hall meeting began, Dempsey presented the following eight USARPAC Soldiers with coins of excellence:

- Staff Sgt. Brandon Williams, a paralegal non-commissioned officer with Headquarters and Support Company, USARPAC, received a coin for being Headquarters and Headquarters Battalion NCO of the Year;
- Staff Sgt. Frankie Williams, 311th Signal Command, received recognition as 311th Signal Command NCO of the Year.

- Staff Sgt. James Chapman, global force network manager with HSC, USARPAC, received recognition because his job is typically held by a field grade officer;
- Sgt. Brian Wimpenny was HHBn. USARPAC NCO of the Quarter;
- Spc. Christina Williams for being the 94th Army Air and Missile Defense Command Soldier of the Year;

- Pfc. Weng Ong for being the 8th Theater Sustainment Command Soldier of the Year;
- Spc. Thomas Boyd, 500th Military Intelligence Brigade, is the USARPAC Soldier of the Year; and
- Pfc. Brian Beeg, 5th Battlefield Coordination Detachment, was recognized for his exceptional

See DEMPSEY A-7

8th TSC troops demonstrate commitment to SHARP

STAFF SGT. JOHN C. GARVER

8th Theater Sustainment Command
Public Affairs

SCHOFIELD BARRACKS — 8th Theater Sustainment Command troops of the 8th Military Police Brigade, the 45th Sust. Bde. and the 130th Engineer Bde. paused from their daily missions, Friday, to demonstrate their ongoing commitment to eliminating incidents of sexual harassment and assault across their ranks.

The 8th MPs hosted more than 100 troops for a Sexual Harassment/Assault Response and Prevention stand-down to reinforce the important roles that communication, victim advocacy, reporting and accountability play in creating a positive climate and an environment of trust and respect.

"We are making gains when we talk about preventing sexual assault in the Army, but we still have a lot of work to do," said key



Spc. David Innes, 8th Theater Sustainment Command

Col. Mark Jackson (standing), commander, 8th MP Bde., 8th TSC, instructs Soldiers from the 130th Eng. Bde., 8th TSC, about Sexual Harassment/Assault Response and Prevention during a SHARP stand-down day, June 27.

speaker Col. Mark Jackson, 8th MP Bde. commander.

Jackson emphasized the priority all Army leaders should put on the SHARP program, reminded the assembled troops of the conse-

quences associated with sexual harassment and assault, and encouraged them to embrace the day's scenario-driven discussions.

See SHARP A-4



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KOREAN WAR COMMEMORATION



Staff Sgt. Christopher Hubenthal, Defense Media Activity-Hawaii News Bureau

HONOLULU — Maj. Gen. Roger Mathews (second from left), deputy commander, U.S. Army-Pacific, lays a wreath during the 64th Korean War Commemoration at the National Cemetery of the Pacific at Punchbowl, June 25. Gov. Neil Abercrombie provided memorial remarks, and U.S. Navy Adm. Harry Harris, Pacific Fleet commander, provided the keynote speech during the commemoration ceremony. Various Korean War veterans organizations also were present.

Town hall stresses personal communications

CAITRYN LIM
311th Signal Command (Theater)
Public Affairs

FORT SHAFTER — Soldiers and civilians from units of the 311th Signal Command (Theater) held a town hall in the old dining facility, here, Wednesday.

“The purpose of our work is to act as enablers,” explained Maj. Gen. Lawrence Brock III, commander, 311th SC (T).

Brock stressed the importance of the command’s work in support of U.S. Army-Pacific and various unit commanders.

Tasks done by the 311th SC (T) are comparable to that of a customer service business, said Brock, thus the need for effective communication in a community that’s social and active.

He stressed the need for personal interaction to maintain a constant face-to-face relationship between co-workers to ensure issues are communicated in a more thorough and efficient manner.

For example, news regarding unfinished work should be communicated in person, rather than through emails.

“Our job is to have a relationship with the people around us,” Brock said. “My expectation is that if someone asks a



Photo courtesy 311th Signal Command (Theater) Public Affairs

Maj. Gen. Lawrence Brock III (standing), commander, 311th SC (T), addresses Soldiers and civilian personnel from various units in the 311th SC(T) during a town hall meeting at the old DFAC, Wednesday.

question, we can’t just say no right off the bat.”

Instead, he explained, a person must ensure that questions receive an appropriate answer.

Town hall participants took the

opportunity to ask the senior signalman questions that ranged from the retirement of warrant officers to Brock’s standpoint on family issues, even a personal account of his experience as a young battle captain.

Brock spoke about the command’s next steps to “figure out a place in the world for the 311th,” noting that it brings many irreplaceable facets to the table.

In general, the 311th’s practice is to take care of issues immediately, as they come up, rather than pass them on to others; to remain up to standard with physical fitness goals; and to deliver awards to Soldiers in a timely manner.

These policies resonate with Brock’s personal philosophy of how the team will support overall mission accomplishment.

“One team, one fight,” said Brock, stressing that it didn’t matter if a member of the 311th SC (T) was a Soldier, Army civilian or a contractor. “We are all in the same boat, rowing in the same direction.”

The town hall was immediately followed by a hail and farewell.

FOOTSTEPS in FAITH

Do you ask if ‘stuff’ is important?

CHAPLAIN (CAPT.) CARLOS WHITLEY
2nd Stryker Brigade Combat Team
25th Infantry Division

The other day I heard someone say, “It used to be that we were taught that we love people and use stuff. But today we love stuff and use people.”

This comment struck a chord with me as I looked around at our society.

Chaplains spend quite a bit of time helping Soldiers and families repair relationships. This fact is nothing new. Chaplains have been doing this action since our inclusion in the Continental Army.

Life is about relationships. Yet, so often we get focused on stuff. We break our spouses’ hearts because stuff is done or stuff is broken or we can’t get stuff because the bills have to get paid. We break



Whitley

our own children’s hearts over stuff. We get angry because they have lost their stuff or broken their stuff or broken our stuff. At times, we are communicating to those we profess to love that stuff is more important than their hearts and emotional well-being.

Some stuff is important. Automobiles are important to get around. A home is important for protection. Toys are important to child development. Yet, these are just things that will wear out and go away.

Several years ago, I owned a lawn care business. Since it was a one-man job, I worked hard to keep what little equipment I had in good, working order. But over time, my mowers and trimmers just couldn’t keep up. I finally broke down, spent a little more money and purchased better quality equipment. That equip-

ment was meant to last and it has.

We can spend our hard-earned money and time on things (stuff) that don’t last, or we can invest in the future, in relationships. Stuff will get broken, misplaced or stolen. We can replace stuff.

Relationships are not so easy to replace. Relationships are eternal. We will have to live with how we’ve treated others, especially those we love for all eternity.

I am reminded of some counsel given to me years ago. Treat your wife like a princess, for one day you will have to stand judgment and answer for the way you treated her. That’s kind of a scary thought. But this should remind us that we are all God’s children, and one day we’ll have to answer for how we have treated our fellow man.

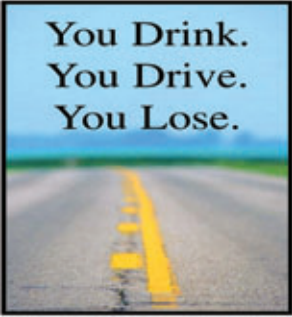
In the end, it’s a good reminder to love people and simply use stuff.

(Editor’s note: Whitley is chaplain for 1st Battalion, 27th Infantry Regiment.)

Getting it Straight

Regarding the June 27 edition, please note the following corrections:

- p. A-4, Eric Schrader works at the Comprehensive Soldier and Family Fitness Training Center.
- p. A-5, the photographer for “AH-64E Apache Guardians deploy to HI for RIMPAC” was Sgt. 1st Class Crista Mack, U.S. Army-Pacific Public Affairs.



Voices of Ohana

Happy Independence Day!

“What are you most looking forward to at the garrison’s 4th of July Spectacular?”

Photos by 500th Military Intelligence Brigade



“Hearing ‘Jumper’ (by Third Eye Blind) live.”

Sgt. Zak Davis
Intelligence analyst,
Co. D, 715th MI Bn.,
500th MI Bde.



“The food and live music. “

Sgt. Bryson Eure
Intelligence analyst,
715th MI Bn.,
500th MI Bde.



“The Main Post Chapel Gospel Service Ministry Outreach.”

Sgt. Symone Eure
Intelligence analyst,
HHD,
500th MI Bde.



“Fireworks, and I’m going to win a new car!”

Cpl. Victor Shepard
Intelligence analyst, Co. B,
715th MI Bn.,
500th MI Bde.



“The fireworks, because the latest ‘Transformers’ movie short-changed us on explosions.”


Spc. John Throne
Intelligence analyst,
Co. C, 715th MI Bn.,
500th MI Bde.

IMCOM CG asks all to have a safe Independence Day

LT. GEN. DAVID HALVERSON
Commander,
U.S. Army Installation
Management Command and
Assistant Chief of Staff for
Installation Management

JOINT BASE SAN ANTONIO — Each year, people come together on the Fourth of July to celebrate America’s freedom with backyard barbecues, community parades and, for some, fireworks.

Holiday Tips
Traveling? Plan your trip using the Travel Risk Planning System. Visit <https://safety.army.mil>.
Do you have holiday blues? For help, visit www.armyg1.army.mil/hr/suicide/default.asp.



On this occasion, let us remember the meaning of this day.
Many people will celebrate this Independence Day as President Adams intended — by attending parades, festivals and fireworks displays and by hosting barbecues.
While these events are fun and celebrate the birth of this great nation, they can also be dangerous. Command Sgt. Maj. Jeffrey Hartless and I want to remind everyone to focus on safety this Fourth of July.
The safest way to enjoy fireworks is to watch a public display conducted by professionals. However, if fireworks are legal where you live, parents and caregivers should be especially cautious and never allow children near fireworks.



Halverson

The holiday may also bring fires and injuries due to outdoor cooking. By taking a few fire safety precautions, you can ensure that everyone enjoys a safe Independence Day.
Keep fire pits and barbecue pits away from structures, tents, patio covers or overhanging trees.
Keep the fire to a minimum and have a means of extinguishing it nearby. Enjoy the experience with a few precautions.
This year, a number of you will travel to holiday hot spots or visit friends and family. The odds of being involved in an accident are higher during this holiday period. Be aware of the risk factors: fatigue, distractions and road conditions and never text while driving.
You are a valued member of our team. Look out for yourself, your fam-

“I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires and illuminations from one end of this continent to the other.”

— President John Adams



25th Combat Aviation Brigade Public Affairs

MARINE CORPS BASE HAWAII, Kaneohe Bay — Soldiers with 25th CAB, 25th ID, participate in underwater survival training, June 13, to prepare pilots for appropriate reactions in escaping an aircraft in water.

Fort Carson AH-64 pilots prep for HI missions

SGT. JESSICA DUVERNAY
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — AH-64E Apache Guardian pilots from 1st Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, spent the past three weeks conducting in-depth training in preparation for flying in Hawaii.
Training focused on safety and Hawaii airspace laws in preparation for the Apache unit’s first exercise where it is scheduled to participate with the U.S. Navy in Rim of the Pacific 2014.
“Since we are out of Fort Carson, Colo., we are used to high altitude and mountainous environments,” said Capt. Nathan Peper, commander, Company A, 1-25th Avn. Regt. “So, from there, we had to prep for Hawaii with academics and the simulator preparing us to be at lower elevations

and altitudes, along with maritime operations and operating at sea level.”
One aspect of the pilots’ training was learning to safely exit an aircraft that has landed in water by using the modular amphibious egress trainer on Marine Corps Base Hawaii, Kaneohe Bay.
“We start in the shallow end to get them used to the shock of breathing upside down in the water. It’s probably one of the hardest things someone could do in their life,” said Chad Margo, site manager of the Helo Dunker on MCBH. “It is very unnatural. It’s more of a survival skill, in case they do go down. It gives them the tools they need to escape.”
In the event of an emergency, the pilots are taught to stay calm in order to quickly and effectively escape from an aircraft downed in water.
“This training is important because we are learning what to do in case of an accident,” said

1st Lt. Amber Robertson, 25th CAB. “This training teaches us how to keep our wits and how to use the special equipment and how to exit the helicopter in a safe manner. It also gives us confidence so that we don’t panic during a situation.”
Along with over and underwater training, pilots also participated in local area orientation flights to learn appropriate airspace routes.
Before flying their own aircraft, the Apache pilots flew as passengers in Black Hawks and Kiowas to familiarize themselves with proper flight routes. The pilots then flew their Apaches, escorted by experienced Kiowa pilots from 2nd Squadron, 6th Cavalry Regt., 25th CAB, to finalize their local area orientation training.
While the unit is here, it will take advantage of training events it would normally not participate in due to its geographical location, like deck landing qualifications and gunnery, said Peper.

Army at RIMPAC

The Army will provide the following support during RIMPAC.
•**3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division**, will conduct air assault missions to Barking Sands on Kauai to test its ability to rapidly deploy and employ firepower.
•**2nd Stryker Bde. Combat Team** will integrate with ships and perform deck landings.
•**25th Combat Aviation Bde., 3rd BCT and 8th Theater Sustainment Command** will participate in a vertical lift with a CH-47 Chinook, in an exercise with emphasis on HH-60 medevac Black Hawk support of simulated civilian injuries, and in AH-64E Apache Guardian deck landing qualifications.
•**163rd Transportation Detachment, 524th Combat Sust. Support Bn., 45th Sust. Bde., 8th TSC**, will support long-range escort and harbor approach operations with the Navy aboard the Army’s Logistics Support Vessel LSV2 Chief Warrant Officer 3 Harold C. Clinger. LSV2 Clinger will partner with 25th CAB for a casualty evacuation and vertical trans-load, and support the 3rd Marines by conducting eight surface lifts between Kaneohe Bay and Kawaihae Harbor. LSV2 Clinger will also be involved in logistics over the shore (LOTS) operations, during which the 545th Harbormaster Det., also under the 524th CSSB, will provide command and control during LOTS operations.
•**Tripler Army Medical** is an active participant in RIMPAC 2014 exercises. Its participation will enable doctors, nurses and clinical support staff to train and practice in emergency response situations. For example, helicopters from Pearl Harbor will exercise and practice transport of patients through the Moanalua Community Area, to and from TAMC and Pearl Harbor. Direct questions about aircraft noise to U.S. Army Garrison-Hawaii Public Affairs at 656-3487.

94th AAMDC welcomes new commander

Story and photo by
STAFF SGT. JAQUETTA GOODEN
94th Army Air and Missile Defense Command
Public Affairs


FORT SHAFTER — Soldiers of the 94th Army Air and Missile Defense Command bid farewell to Brig. Gen. Daniel Karbler and welcomed Col. Eric Sanchez as their new commander in a change of command ceremony, here, Friday.
This was 94th AAMDC’s first joint change of command, as evidenced by the Army red and Air Force blue four-star flags, marking the ceremony as one to remember.
“The 94th AAMDC is truly a unique and extremely complex organization and the most jointly integrated theater enabling command in the U.S. Army-Pacific,” said Gen. Herbert J. Carlisle, commander, Pacific Air Forces. “The new commander, Col. Eric Sanchez, is an amazing leader and brings a wealth of knowledge, experience and talent to this organization.”
“The Army got it right when they selected Col. Sanchez to command the 94th AAMDC,” said Gen. Vincent K. Brooks, commander, USARPAC. “His experience in the missile defense community will be a great asset to the command and our area of operations.”
“I look forward to getting to know each and everyone of you,” Sanchez said as the new Sea Dragon Six. “I am excited to be back in the command that I helped to stand up.”
Sanchez’ most recent assignment was as deputy commander, 32nd AAMDC, at Fort Bliss, Texas.
Brooks praised the Karbler family for its contributions to USARPAC, the 94th

AAMDC, the joint military services, Army families and the local community.
“In short, we have asked a lot from this command, and they have delivered flawlessly,” said Brooks.
“I have truly enjoyed my time here in

the 94th AAMDC,” said Karbler. “I know that without the help of each and every Soldier here today, it wouldn’t have been the success that it was.”
Karbler’s next assignment is at the Pentagon.



Col. Eric Sanchez (right), incoming commander, 94th AAMDC, receives the 94th guidon from Gen. Vincent Brooks, commander, USARPAC, during the unit's change of command ceremony, June 27.



Changes in leadership

U.S. ARMY GARRISON-HAWAII
Public Affairs

The Army Hawaii community is invited to attend upcoming changes of command ceremonies.
The change of command ceremony is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.
All ceremonies take place at 10 a.m. unless otherwise noted and are usually preceded by an awards ceremony.

Leadership changes

- July 8**, 311th Signal Command (Theater). Command Sgt. Maj. Darris Curry will accept responsibility from Command Sgt. Maj. Allen Braswell at Palm Circle, Fort Shafter.
- July 10**, 500th Military Intelligence Brigade. Col. William J. Mangan will relinquish command to Col. Patrick J. Wempe at Weyand Field, Schofield Barracks.
- July 17**, U.S. Army Corps of Engineers-Honolulu District. Lt. Col. Christopher Crary will assume command from Lt. Col. Thomas D. Asbery at Fort Shafter’s Palm Circle.
- July 18**, U.S. Army Corps of Engineers-Pacific Ocean Division. Col. Jeffrey L. Millhorn will assume command from Maj. Gen. Richard L. Stevens at Fort Shafter’s Palm Circle.
- Aug. 5**, U.S. Army Garrison-Hawaii. Command Sgt. Maj. Louis C. Felicioni will accept responsibility from Command Sgt. Maj. Philip J. Brunwald at Weyand Field.

(Editor’s note: Information listed is subject to change due to inclement weather. Contact the unit for more details.)



Ceremony hosts Col. Mark Jackson (left end), commander, 8th MP Bde., 8th TSC, and Command Sgt. Maj. Charles Tobin (right end), senior enlisted adviser, 8th TSC, pose for a photo with retiring leaders and their family members following the 8th TSC's quarterly retirement ceremony on Schofield Barracks' Hamilton Field, June 27.

8th TSC honors, retires 205 years of combined service

Centuries of duty receive a last salute

Story and photo by
STAFF SGT. RICHARD SHERBA
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Nine Soldiers representing more than 205 years of combined service in the Profession of Arms were honored along with their families during the 8th Theater Sustainment Command's Quarterly Retirement Ceremony held at Hamilton Field, here, June 27.

"To our retiring leaders, it is my distinct honor and privilege to stand before you today in what is your final ceremony in the United States Army. Thank you ... for you and your family's deep commitment and unfailing service to this great nation," said Col. Mark Jackson, commander, 8th Military Police Brigade, 8th TSC, who host-

ed the ceremony along with Command Sgt. Maj. Charles Tobin, senior enlisted adviser, 8th TSC.

A formation of troops filled Hamilton Field, consisting entirely of non-commissioned officers assigned to the 8th TSC, with each subordinate command represented by their unit colors and a first sergeant or command sergeant major.

In his address to the retiring leaders and all in attendance, Jackson spoke of the 205 years of combined service, a service that has encircled the globe to distant lands, foreign and domestic. Among the lands are Somalia, Bosnia, Kosovo, Egypt, Germany, Italy, Japan, Korea, Kuwait, Iraq and Afghanistan.

The retirees' service answered the call in numerous conflicts, including Operations Desert Shield and Desert Storm, Operation Just Cause, Operation Iraqi Freedom, and Operations Enduring Freedom and New Dawn.

"You have done more than we had

a right to ask; we put one too many rocks in your ruck. You bore it magnificently," said Jackson. "But when you are old and your grandchildren are sitting on your laps, they will invariably ask you 'grandfather/grandmother' what did you do when the nation went to war? You may respond, I shouldered my ruck and I went to war."

All retiring leaders were presented with the U.S. flag; a certificate of appreciation signed by the Commander in Chief, President Barack Obama; and a letter signed by the Secretary of the Army, the Honorable John McHugh; the Chief of Staff of the Army, Gen. Ray Odierno; and Sgt. Maj. of the Army Raymond F. Chandler III.

The retirees also received a certificate of retirement signed by the Chief of Staff and an Army retirement lapel pin.

Col. Jackson also spoke about the most influential force behind the success of the retiring leaders, their fam-

ilies — husbands and wives, fathers and mothers, sons and daughters.

"You have significantly advanced the status of your family, the Army and the United States' interest through your steadfast support and deep sacrifice. There is no doubt that you have played a significant, pivotal role through the decades," said Jackson. "You have been our conscience, counselor and consoler; you are the backbone that innervates our passion, toil and endurance, helping us through the dark days and brightening the rest."

Jackson continued, "You have packed our bags and kissed us goodbye, assumed the roles as head of the household and single parent. You have endured extended separations and numerous PCSs (permanent change of station moves). Measured by stress alone, you have lived three lifetimes compared to your fellow citizens. Indeed, you have answered the call of duty to your country."

Retirees

- Capt. Damon Adamson, HHC, 196th Inf. Bde.
- Master Sgt. Timothy Bogan, HHC, 130th Eng. Bde.
- Chief Warrant Officer 4 David Garcia-Colon, HHC, 8th Special Troops Bn.
- Sgt. 1st Class Rodney Holmes, HHC, 130th Eng. Bde.
- Sgt. 1st Class Lachelle Johnson, HHC, 8th Special Troops Bn.
- Master Sgt. Robert McEntire, HHC, 130th Eng. Bde.
- Chief Warrant Officer 2 Susan Primm, HHC, 8th Special Troops Bn.
- Sgt. 1st Class Calvin Roney III, 57th MP Co., 728th MP Bn., 8th MP Bde.
- Master Sgt. Ty Shillito, HHC, 196th Inf. Bde.

MRMC boss briefs medical advances

Story and photo by
ANA ALLEN
Pacific Regional Medical Command Public Affairs

HONOLULU — The commanding general for the U.S. Army Medical Research and Materiel Command (MRMC), Maj.



Maj. Gen. Joseph Carvalho Jr., commander, MRMC, briefs TAMC staff on MRMC capabilities and initiatives during a visit to TAMC's Kyser Auditorium, June 23.

Gen. Joseph Carvalho Jr., paid a visit to Tripler Army Medical Center, June 23, to brief the staff on advancing medicine for the warfighter.

During the brief, Carvalho discussed the MRMC mission, capabilities and recent medical advances.

Carvalho said the valuable input of military medical staff, like those at Tripler, help his team to achieve success.

"We cannot have our guys inventing stuff without you all telling us what you need. Our tag line is, 'we save lives,'" said Carvalho. "What I've found is you guys are the ones touching the patients. You save lives. We like to think that we do the same."

Future initiatives that may be considered include freeze-dried plasma and an unmanned aerial vehicle with the capability of carrying an unattended patient, said Carvalho.

Other cutting-edge technologies were explained. One example currently being used at the Army Burn Center in San Antonio, Texas (part of the Institute of Surgical Research), is how patients there benefit from new technologies that use a special printer designed to spray skin cells onto burn wounds.

"It's very valuable for staff not directly

involved in research to show that great efforts and resources are being taken to decrease mortality and morbidity in a deployed environment and to show another facet of our delivery of medical care to our warfighters in a combat zone," said Maj. Johnnie Robbins, Adult Intensive Care Unit, TAMC, after attending the briefing.

"This is a great time for military medicine," said Carvalho. "This is the time that (we) can move forward and start, improve or sustain the engagements we have mil-to-mil, civ-to-civ, all over the world and certainly in your area of operation."

U.S. Army Medical Research and Materiel Command

MRMC is the Army's medical material developer, with responsibility for medical research, development, and acquisition and medical logistics management.

Medical information and products developed by the MRMC protect and sustain the health and safety of the force through deployment and combat.

SHARP: Heroes wanted

CONTINUED FROM A-1

"Who in this room is a professional?" Jackson asked of the room.

"I am!" they shouted.

"Who is responsible for taking a stand?" Jackson asked.

"I am!" they shouted again.

Jackson closed the day by charging the Soldiers to individually take a stand against sexual harassment and assault, because whether it's happening to them or to somebody around them, they never know when they could be a hero to a fellow warrior.

SHARP Hotline

To reach a dedicated hotline and speak with a SHARP representative 24 hours a day, seven days a week, call 655-9474.

PSD: Families rejoice as warriors return from OEF

CONTINUED FROM A-1

Upon arriving, here, Sgt. 1st Class Todd Bailey, noncommissioned officer in charge, PSD, 57th MP Co., spoke about his Soldiers' performance during the deployment.

"I'm very blessed to have these Soldiers, and that God said, hey, you're going to lead them and bring them back, and I'm proud of that," he said. "These Soldiers really bloomed. Their maturity and professionalism in respect to understanding the

situation and mission were outstanding."

One of the families at the redeployment ceremony was the Acosta family, consisting of May Acosta, wife of Staff Sgt. Matthew Acosta, shift leader, PSD, 57th MP Co., and their two children Karly Rose and Kalie.

As they anxiously awaited their father's return, Karly Rose and Kalie spoke about their excitement and their feelings.

"It's crazy, on a scale of 1 to 10. I am at a hundred!" said daughter Karly Rose, age 14.

Kalei, 16, the son, added, "I am just glad he is back. I knew he was coming back, but at the same time, I still worried about him."

"This is our third deployment," said, mother May. "It was a lot easier because the kids were a lot older this time, so I had a lot of help. ... Right now, I am looking forward to ... letting him readjust and letting him take his time doing that. I am so very proud of him — not just him, but all these Soldiers and any Soldier that deploys."

4960th MFTB graduates ‘2 by 9’ CGSOC students

Story and photos by
BRIAN MELANEPHY
9th Mission Support Command
Public Affairs

TRIPLER ARMY MEDICAL CENTER — Fifty-one officers from the Army Reserve, active duty and National Guard crossed the stage, at the Kyser Auditorium, here, Saturday, to receive their diplomas after completing the final phase of the Command and General Staff Officer Course (CGSOC), formerly known as Intermediate Level Education.

The students began their academic journey in September 2013 and then took different paths to completion.

The course traditionally has three phases. Phase I is two weeks of classroom study. Phase II is every Tuesday night (four hours) for eight months, and Phase III is another two weeks of classroom instruction.

All resident phases of the course are taught at the 4960th Multi-Functional Training Brigade (MFTB) schoolhouse at Fort Shafter Flats.

This iteration of the course was the first to initiate a pilot program called “2



Graduates of the pilot CGSOC “2 by 9” class format await their turn to cross TAMC’s Kyser Auditorium stage to receive their diplomas, June 22. Phase I of the next course begins in September.

by 9.” Students had the option after Phase I in September to choose the Tuesday night option or to complete Phase II during two nine-day blocks of instruction back on Oahu.

The new format option allowed students from the mainland and off-is-

land locations to continue their coursework with students from the September class.

In the past off-island students had to opt for a distance learning track to complete Phase II.

The 2 by 9 format worked particular-



Maj. Brian Pierce, deputy judge advocate, 658th RSG, 9th MSC, based in Korea, exits the stage with a smile on his face and his CGSOC diploma in hand.

ly well for one student, Maj. Brian Pierce, a Department of Justice attaché in South East Asia and deputy judge advocate for the 658th Regional Support Group (RSG), a 9th Mission Support Command, Pacific Army Reserve unit based in the Republic of Korea.

“For me it has been nothing but a

blessing. My other option would have involved joining online, (and) with the time difference, it would have cut into my embassy work day,” said Pierce, a veteran of 12 years as a reservist.

Maj. Octavio Rivera, cost manager in the G8 at U.S. Army-Pacific, took the Tuesday night track.

“I was able to go to work every day; my job didn’t fall behind. At the same time, it was great for my unit. I didn’t have to travel TDY (on temporary duty) anywhere. I didn’t have to take off work,” Rivera explained.

Rivera has been in the military for 19 years, seven years as an enlisted Soldier, three years active duty and four years in the National Guard. He returned to active duty in 2002 as a commissioned officer.

The class includes common-core curriculum and career field, branch and functional area training and education.

Phase I of the 2014-2015 course will begin in September when a new batch of officers will begin their CGSOC journey.

British Army Reserve exchange officer trains with 9th MSC

BRIAN MELANEPHY
9th Mission Support Command
Public Affairs

“Speechless!”

That’s the word Maj. Charles Melley, a 30-year veteran of the British Army Reserve, used to describe his feelings when he found out he was accepted to the Military Reserve Exchange Program.

Melley applied for the program after hearing about it during one of his reserve weekends. He was on his way back from battlefield studies when he was told about being accepted to the program, “but he wouldn’t like where he was going.”

After a pause, Melley was told he was going to Hawaii.

An environmental health officer in the reserve and as a civilian, Melley arrived, June 12, to begin a whirlwind tour of the 9th Mission Support Command with his sponsor, Capt. Mary

Kennedy, who is the 9th MSC safety officer. (Kennedy will go to the United Kingdom in September to spend two weeks learning about the U.K.’s army reserve.)

While here, Melley traveled to Kauai to see the Tropic Care health training, where he met Mayor Bernard Carvalho. He also participated in numerous briefings and met the 9th MSC commander and Hawaii’s governor.

He was surprised by the similarities and differences between the U.K. Army Reserve and the U.S. Army Reserve. He said the biggest difference between the two is their size. The British Army Reserve is just over 20,000 soldiers and the U.S. Army Reserve is close to 200,000.

Another difference Melley noted is the amount of time required to serve during the year. Melley serves two weeks a year, plus two weekends. He trains side-by-side with his active duty



KAUAI — Maj. Charles Melley (right), British Army Reserve, with Capt. Mary Kennedy (left), safety officer, 9th MSC, and Gov. Neil Abercrombie, attend a Tropic Care 2014 VIP reception.

counterparts.

In the American model, traditional Army Reserve Soldiers serve a minimum of one weekend a month, plus

two weeks for annual training, which can be completed with fellow reservists, the active component or National Guard counterparts.

The British Army Reserve

Learn more about the similarities and differences between the U.K. and U.S. Army Reserve. For a look at how things are done on the other side of the Atlantic, visit www.army.mod.uk/reserve/31781.aspx.

The primary purpose of the Military Reserve Exchange Program is to provide National Guard and Reserve officers training associated with mobilization duties while enhancing their ability to work and communicate with the service members of the host nation.

“It is more than a military exchange,”said Melley. “It’s an opportunity to learn about a different culture.”

Melley will reciprocate as host for Kennedy in September.

Photo courtesy Capt. Mary Kennedy

Scam poses as general

“STARS AND STRIPES”
News Release

The commander of U.S. Forces Korea appears to be one of the newest military victims caught up in what investigators call the romance scam.

Online scammers have sent out emails to women impersonating Lt. Gen. Curtis “Mike” Scaparrotti and pointed potential targets to a false Facebook profile page, which features the general’s name misspelled and some profile photos gleaned from the Web.

Army Chief of Staff Gen. Ray Odierno, retired Gen. Stanley McChrystal and service members killed in combat have also had their identities stolen and used in similar ruses in the past.



File photo

The person of your dreams may be a scammer at an untraceable foreign location.

The email, obtained by “Stars and Stripes,” touts Scaparrotti’s “key leadership positions” in the military, including the current USFK command position and a post at U.S. Central Command, and claims that, “Once you let me into your life, you’ll find me very interesting, fun, and a good man to have as a friend and a companion.”

Recipients are assured to “feel free with me” and then asked about their jobs, where they live and whether they own a home.

The ploy is all too familiar to U.S. Army

Criminal Investigation Command, which receives hundreds of reports each month of online con artists hijacking service member identities and using them to defraud unsuspecting people, usually women, who are hoping to find love and romance on the Internet.

“The majority (of the romance scammers) are operating out of cyber cafés and homes in West African countries. There are hundreds of them doing this,” said Chris Grey, spokesperson for the CID in Quantico, Va.

Often they route their email accounts through other locations around the world, making them virtually untraceable, and they work out of Internet cafés that allow anonymous patrons to pay for a connection by the hour, according to the CID.

Impersonating a military officer is a crime, but stealing the identity of enlisted service members — some of whom died in Afghanistan and Iraq — is a common tactic of African scammers that isn’t illegal.

The fact that the romance scams usually involve perpetrators and victims who are not in the military or not even U.S. citizens has also complicated the cases for the Army. As cases have multiplied, the FBI and the Federal Trade Commission have both gotten involved in cracking down on the Internet fraudsters.

“Catching them is nearly impossible, so we figured education is the best course of action,” Grey said.

The CID has a special Web page dedicated to the warning signs of the romance scam.

Perpetrators typically approach potential victims with emails that make spelling and grammar errors, profess love too quickly or ask victims to send money, sometimes through the mail to Africa, according to the agency.

In the Scaparrotti email, the writer asks for revealing financial information and tells the recipient together they can “reach greater heights in life than we even expect to.” Then the scammer warns that the correspondence should be kept secret.

“Please be informed that for security reasons due to the nature of my job, you have to keep our constant communication very confidential to you,” it says. “We will be exchanging emails regularly and chat a little when I have some time or a little break from work. The nature of my job is so demanding and requires lots of my time.”

Grey said the stories of victims are often heartbreaking.

(Editor’s note: Read the full story at www.hawaiiarmyweekly.com.)



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Voter Registration — Register to vote. The deadline to register to vote in Hawaii’s primary election is July 10; the primary election is Aug. 9. Applications must be postmarked by Thursday. Visit <http://hawaii.gov/elections>.

Social Media — Did you know the garrison maintains online calendars of upcoming events on post, including information on road closures and

Today

Sargent — Resurfacing of Schofield’s Sargent Road, from Glennan Road to the three-way stop sign at Bldg. 695, pauses and resumes tomorrow for completion.

7 / Monday

Patch Gate — Fort Shafter will see a closure of Patch Gate until July 20.

TAMC Outage — Tripler buildings 102, 104 and E104, and Krukowski Road, will have a power outage, 8:30 a.m.-4:30 p.m.

8 / Tuesday

Revised Outage — Fort Shafter Flats will experience a

scheduled outages for electricity and water? Subscribe to these calendars and receive alerts about new listings through daily emails or RSS feeds. You can also add specific events to your electronic calendars (Yahoo, Google, Apple and Outlook) or receive reminders via text or email.

To learn more, visit here:

- www.garrison.hawaii.army.mil/info/calendar.htm or
- www.garrison.hawaii.army.mil/info/trafficalendar.htm.

Closed Gym — The Schofield Barracks Health and Fitness Center will be closed July 4-5 for maintenance.

9 / Wednesday

Town Hall —Join Army Surgeon General Lt. Gen. Patricia Horoho, commander, U.S. Army Medical Command, for a virtual Town Hall, 6:30-8:30 a.m., local time, on the Army Medicine Facebook page at www.facebook.com/Official

Traffic Report lists closed roads, limited routes, construction detours and noise advisories received by press time. Motorists in affected areas are advised to use caution and observe all signs and traffic personnel and to expect delays.

For an up-to-date list of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficalendar.htm. Unless otherwise noted, all phone numbers are 808 area code.

power outage, 8 a.m.-5 p.m. affecting 1535, 1575, 1585, 1599, 1604, Funston Housing and the Nan Inc. trailer.

10 / Thursday

Exercise — The garrison conducts a full-scale exercise, on Schofield’s East Range and on Wheeler Army Airfield, July 11. Communities can expect temporary road closures, announcements on the mass notification systems and fire engines/ambulances on the roadways.

12 / Saturday

Outage — Power will be off on Schofield’s Mellichamp Road, 7 a.m.-3:30 p.m., for work on traffic signals; the times are a best

ArmyMedicine.

10 / Thursday

Exercise! — The garrison conducts a full-scale exercise on Schofield’s East Range, continuing on Wheeler, July 11. Communities can expect road closures, emergency announcements on the mass notification systems and fire engines/ambulances on the roadways.

11 / Friday

Exercises! — Helicopters will practice transporting patients through the Moanalua Community Area between Tripler Army Medical Center and Pearl Harbor. Call 433-2809.

Happy Anniversary — Chaplains, their assistants and chapel attendees are invited to celebrate the 239th anniversary of the Chaplain Corps, a day of physical fitness, food and fellowship at Bellows Air Force Station. Call 656-0288.

estimate.

14 / Monday

TAMC & AMR Closures — There will be a 24-hour road closure of the left lane on Tripler’s Jarrett White Road; the right lane will be closed July 15-26.

Aliamanu Military Reservation will have traffic modifications, at Skyview Loop and Aliamanu Drive for underground utilities work. All work will be done 8 a.m.-4:30 p.m.

- Sky View Loop between Nim Place and Ixora Place until July 25.
- Aliamanu at Ama Road, July 28-Oct. 6.

Visit hawaiiarmyweekly.com for additional dates.

Improved service is rooted in customer feedback

RUSSELL MATHIAS
U.S. Army Installation Management Command

SAN ANTONIO — Installation Management Command staff at every garrison, region and the headquarters remain focused on the most efficient and effective service for all customers.

However, IMCOM depends on those who use its services to inform our staff of ideas for improvement or to provide feedback on the services received.

The best tool for this purpose is the Interactive Customer Evaluation, or ICE system.

ICE collects feedback on services provided by various organizations throughout the DOD, allowing customers to submit comments online to rate their level of satisfaction. This feedback is critical in identifying what is being done well and needs to be sustained, and what needs improvement. It also assists organizations in tracking their performance levels and determining where to focus limited resources.

Positive ICE comments are the highlight of the day. IMCOM’s goal is to exceed expectations,

and its staff always appreciates hearing from customers. However, not all feedback is positive.

Negative comments about IMCOM processes or interpersonal relationships provide us the information necessary to modify them and improve. However, not all comments received provide sufficient detail for IMCOM staff to take necessary action. It’s estimated that approximately 20 percent of comments fall into this category.

When a customer chooses to leave contact information, it’s simple for the service provider manager to contact the customer and obtain the necessary information. But, when the customer chooses to remain anonymous and does not leave sufficient information to identify the issue, IMCOM staff cannot take action and the comment is rendered useless. Customers can help by providing as much specific information as possible.



A general rule of thumb is to answer the five Ws and H: Who, What, When, Where, Why and How. Providing specific information, even if a customer wishes to remain anonymous, enables IMCOM staff to better resolve customer concerns.

Please take the time to let IMCOM know how it’s doing. The number of ICE comments IMCOM receives has slowly decreased over the past year and the trend should be reversed. It takes less than a minute to fill out the standard six questions on the ICE website, and customers are always welcome to add additional information in comment spaces provided.

Be assured that all comments and information are secured and kept confidential.

To assist in navigating to the service provider, note that on every site or organization home page, there are two convenient features at the very bottom of the page. The first is a "Show all"

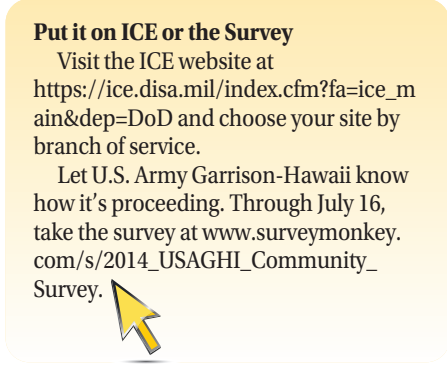
link that displays every service provider alphabetically for that site. The second is a "Service Provider Summary Report" for customers to see how each service area is performing based on ICE comments received over the previous 90-day period.

(Editor’s note: Mathias works in the Plans Division Customer & Business Excellence Branch at IMCOM.)

Put it on ICE or the Survey

Visit the ICE website at https://ice.disa.mil/index.cfm?fa=ice_main&dep=DoD and choose your site by branch of service.

Let U.S. Army Garrison-Hawaii know how it’s proceeding. Through July 16, take the survey at www.surveymonkey.com/s/2014_USAGHI_Community_Survey.



Dempsey: Chairman holds town hall, meets troops

CONTINUED FROM A-1

performance with partnered nations during his last three joint training exercises.

Dempsey talked about the significance of USARPAC in the Pacific along with its historic past, and the rebalance of the region.

He mentioned how important USARPAC is in providing security for the region.

He said that his most important message and the best part of his visit was thanking the Soldiers for their service.

"I'm proud to have served with each and all of you. I admire what all of you and your family members have done here," said Dempsey. "You all are making a big difference out here in the Pacific, and it doesn't go unnoticed."

As the town hall proceeded, questions varied in topic. Dempsey answered a few questions about how the budget will affect pay, if all branches of service would wear the same uniform, how to financially plan for life after the military, and how to get the most out of a military career.

"People often say to me 'how do you balance your life in this profession of ours, which asks us to do extraordinary things on short notice,'" said Dempsey. "I can't



Staff Sgt. Kyle Richardson, U.S. Army-Pacific Public Affairs

Gen. Martin Dempsey (left), Chairman of the Joint Chiefs of Staff, meets Staff Sgt. Brandon Williams, paralegal, Headquarters and Support Company, USARPAC, on Fort Shafter’s Palm Circle after a town hall, Friday.

answer this question for you; I can only answer this question for myself. The truth is, you have to find in your own family and in your own life, your own balance."

Service members will feel better and have a more fulfilling career once they are able to balance their professional lives and family lives, said Dempsey. Those finding-balance won't feel like they are cheating either element of their lives.

Cargo: Lessons learned lead to seamless moves

CONTINUED FROM A-1

Harbor, and then spent several days training Fleet Logistics Center Pearl Harbor personnel in tracking systems — the Global Air Transportation Execution System and CK61 handheld scanners — necessary for manifesting military cargo. The team appreciated the chance to get to know Pearl Harbor personnel.

"This was a great opportunity to work with the Pearl Harbor personnel and to enhance our good relationship with them," said team member Pedro "Pete" Lujan, 836th Trans. Bn. terminal operations chief. "To ensure continuity, we also gave them telephone numbers for our team members in Guam so that if they have any trouble, they can call them anytime for help."

Martinez said he looks forward to capitalizing on the lessons learned during the operations.

"We will be re-looking at processes across the logistical spectrum to ensure that we achieve a seamless move process all the way through to the payment to our commercial partners, an initiative known across SDDC POST-PB (Plan, Order, Ship, Track, Pay, Bill)," said Martinez. "Whether future deployments occur purely through commercial partners or using Military Sealift Command assets, end-to-end audit ability will be key to complying with (Army and Secretary of Defense) mandates."

Happy Birthday America!

USAG-HI celebrates nation's independence with a

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS —
Happy Fourth of July!

In case you haven't heard, U.S. Army Garrison-Hawaii is throwing a grand birthday celebration for the U-S-of-A, here, today, and you're invited!

The 43rd annual 4th of July Spectacular begins at 10 a.m. and will feature rides, midway games, crafts, food booths, a new products bazaar and mini PX (post exchange), surf simulator, archery, food-eating con-

tests, live entertainment and a kendama tournament on Desiderio, Weyand and Sills fields throughout the day.

A rocking concert and awe-inspiring fireworks display will close out the night.

The birthday bash is open only to Department of Defense ID cardholders, to include military members, their families, military retirees, DOD civilian employees and their authorized guests.

However, officials with USAG-HI's Directorate of Family and Morale,

Welfare and Recreation anticipate 45,000-plus attendees to this year's event, and are asking for everyone's cooperation to ensure a safe and happy holiday.

Noise Advisory

Residents and visitors on post will hear the cannon rehearsal and performance, 7:15-8:30 p.m., July 4.



Safety First

To ensure a safe and happy July 4th for all, the following items are prohibited at the event:

- Glass bottles;
- Distilled spirits/liquor (whiskey, rum, vodka, tequila, etc.);
- Pets;
- Fireworks, including firecrackers and sparklers (Note: Fireworks are prohibited on all military installations, including Army

Hawaii installations, at all times);

- Charcoal/open-flame grills, unless they are in a designated picnic area that is reserved through DFMWR.

DFMWR will showcase its recycling and sustainability programs on post and is asking attendees to pitch in and dispose of their opala (rubbish) in the proper manner.

Schedule of Events

The 4th of July Spectacular begins at 10 a.m. and concludes at 9 p.m.

The following is a schedule of the day's festivities.

DESIDERIO FIELD

- 10 a.m.-6 p.m., pony rides and petting zoo
- 10 a.m.-6 p.m., archery
- 10 a.m.-7 p.m., games, Water Zorb, and mechanical bull and surf rides
- 10 a.m.-9 p.m., food booths

SILLS FIELD & TENNIS COURT PARKING LOT

- 10 a.m.-6 p.m., carriage rides
- 10 a.m.-7 p.m., climbing wall
- 10 a.m.-8 p.m., Midway rides

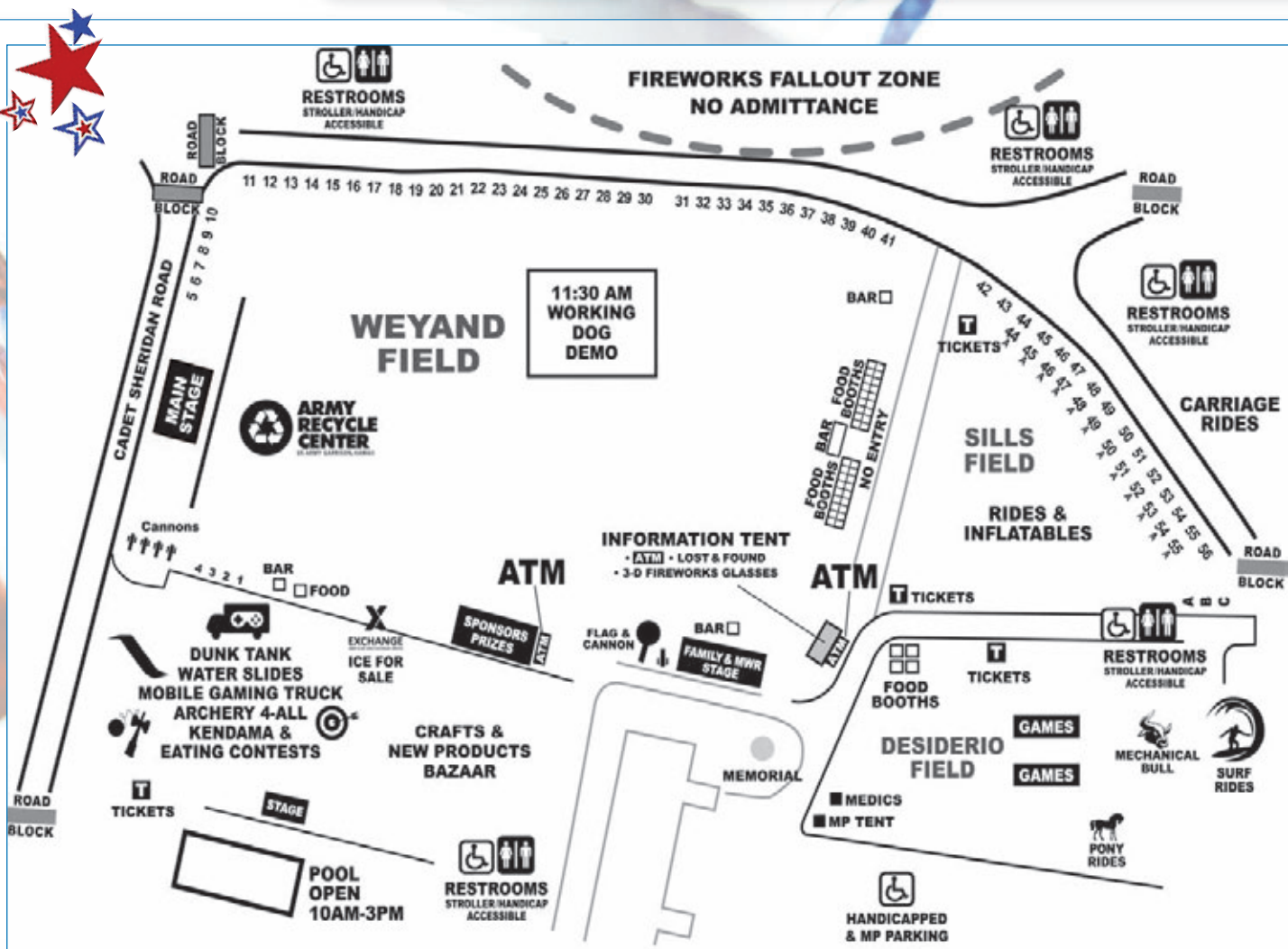
RICHARDSON POOL PARKING LOT

- 10 a.m.-4 p.m., kendama tournament
- 10 a.m.-6 p.m., crafts, Mini PX and New Products Bazaar
- 10 a.m.-6 p.m., water slides, dunk tank, video-game trailer and mini golf
- 11 a.m., DeCA pie-eating contest
- 1:30 p.m., DeCA watermelon-eating contest
- 3:30 p.m., DeCA hot dog-eating contest

July 4th Activities

The 43rd annual 4th of July Spectacular kicks off at 10 a.m. Call the Special Events office at 655-0002 or 655-0113.

Stay up to date with the latest announcements as they are provided at www.himwr.com.



WEYAND FIELD

- 10 a.m., information booth open, ATM, lost and found
- 10 a.m.-3 p.m., live performances by Hop Scotch, Shawn G aka "Flip-pa" of "Hawaii Five-O," 2014 Na Hoku Hanohano award-winner Amanda Frazier, Above Reproach, Any Given Chance, Arwy By Design, Ignite the Red and Chaotic 5, DFMWR stage (near the flagpole)
- 10 a.m.-5 p.m., car giveaway sign-up
- 10 a.m.-9 p.m., food booths
- 11:30 a.m., military working dog demonstration

MAIN STAGE

- 3:15 p.m., O.N.E. Nation
- 4 p.m., Willie K
- 5:30 p.m., flag retreat, followed by Third Eye Blind at 5:45 p.m.
- 7 p.m., giveaway of a free car, courtesy of Tony Group Autoplex
- 7:30 p.m., 25th ID band concert of patriotic music, 50-state patriotic salute and "1812 Overture"
- 8:30-8:50 p.m., fireworks, from the Commissary parking lot

Traffic Advisory

DOD ID cardholders and their authorized guests can access USAG-HI's 43rd annual 4th of July Spectacular via Foote, Lyman, McNair and Macomb gates.

The following gate hours will be in affect for the event:

•**Macomb and Foote gates** will be open to inbound and outbound traffic, 5 a.m.-8 p.m.; open to outbound traffic only, 8 p.m.-midnight; and closed to all traffic beginning at midnight.

•**McNair Gate** will be open to inbound and outbound traffic until 8 p.m.; it will be open to outbound traffic only, 8 p.m.-midnight, and re-open to inbound traffic beginning at midnight.

•**Lyman Gate** will have normal operating hours, with normal traffic patterns.

Additionally, the following roads will be closed, 8 p.m.-midnight:

- Ayres Avenue**, from McMahan Road to McCornack Road;
- Waianae Avenue**, from McCornack Road to Ayres Road;

ack Road to Ayres Road;

- Leilehua Avenue**, from McCornack Road to Macomb Road (open to residents only); and
- Flagler Avenue**, from Lyman Road to Foote Avenue.

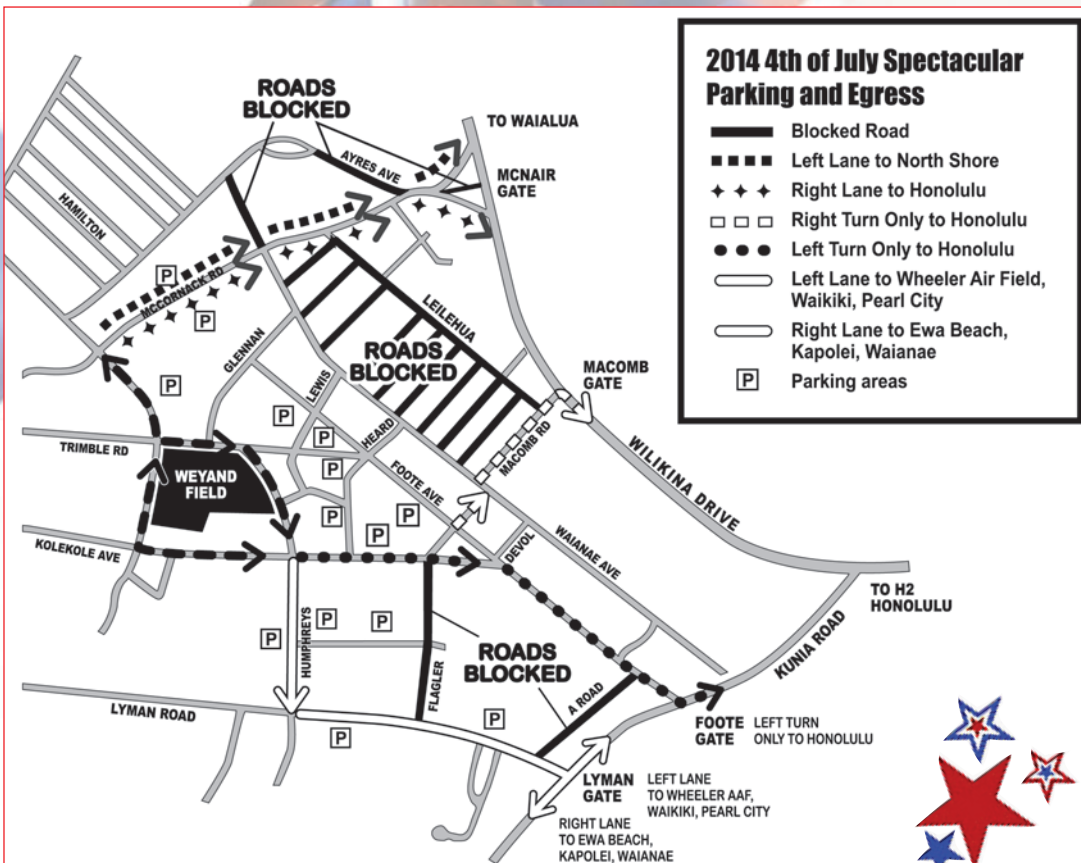
There will be one-way traffic on both lanes of McCornack Road from Cadet Sheridan Road to McNair Gate, 8 p.m.-midnight. North Shore traffic will travel in the left lane; Honolulu traffic, in the right lane.

Vehicles exiting Foote Gate, 8 p.m.-midnight, must turn left; those exiting Macomb Gate, 8 p.m.-midnight, must turn right.

As a reminder, drivers and all passengers age 16 and older are required to show a valid state or federal ID at the gates. All drivers must possess valid vehicle registration and proof of insurance.

All vehicles are subject to search at any time while on the installation.

Public parking will be available; however, DFMWR officials ask that spectators walk to the event, if possible, to help ease traffic congestion.





Briefs

Today

4th of July Spectacular — FMWR pays tribute to the brave men and women in our armed forces by sponsoring the 43rd annual 4th of July Spectacular, 10 a.m.-9 p.m., at SB Weyand Field. Military members and their families, retirees and DOD ID cardholders are invited to a fun-filled day of games, keiki rides, crafts, food and live entertainment featuring O.N.E. Nation, Willie K and headlining band Third Eye Blind. Show off your skills in the kendama tournament or enter to win a new 2014 car, sponsored by Tony Group AutoPlex. Call 655-0113/0115 or visit www.himwr.com.

Richardson Pool Parking — The SB Richardson Pool parking lot will be closed for the 4th of July Spectacular event. Craft vendors will be allowed to set up until 9:45 a.m. Guests wishing to use the pool are asked to walk or park at designated lots. Hours of operation will be 10 a.m.-3 p.m.; normal fees apply.

Arts & Crafts Turnaround — Personnel may use the SB Arts & Crafts Center parking lot to park and set up items on the 4th of July Spectacular parade fields until 9:45 a.m. Afterwards, no entry will be allowed.

5 / Saturday

Learn to Swim — Enroll your keiki in FMWR swim lessons this summer. Registration is 9:30 a.m.-noon, July 5-6, at Richardson Pool; classes are July 14-24. All children must be registered with CYS Services prior to registration. All classes are subject to change. Classes cost \$60 for eight 30-minute sessions and \$75 for eight 45-minute sessions. Visit www.himwr.com/cyss-welcome-page/item/1325-learn-to-swim-2014 for additional classes and registration dates. Call 655-9698.

Ladies Golf Clinic — Ladies can learn how to golf from PGA professionals at Leilehua Golf Course. These free 30-minute lessons are available by appointment only. Call 655-4653.

7 / Monday

Golf Sale — Nagorski's Pro Shop (FS) holds its annual summer sale, through July 7. All items \$20 or more will be 20 percent off. Sale does not apply to special orders. Also, July 1-Aug. 31, receive one Ju-



Chris Burkard

ALASKA — Surfer Josh Mulcoy rides a wave at a never-before-surfed point in the Aleutian Arc, here, in the cold-water surf exploration film "The Cradle of Storms," playing at the Honolulu Museum of Art's seventh annual Honolulu Film Festival, July 11 and 25.

Surf's up at Honolulu Museum of Art

SARAH PACHECO
Staff Writer

HONOLULU — The Honolulu Museum of Art brings the best in new and classic surf films from the four corners of the earth to Hawaii with the seventh annual Honolulu Surf Film Festival, here, July 5-27. The museum's epic monthlong ode to the ocean and surf heritage kicks off tomorrow (July 5) with an opening-night reception at 6-7:30 p.m., featuring a live performance by Mike Love, plus food from Da Spot and brews by Kona Brewing Co. for purchase. The documentary "Hawaiian: The Legend of Eddie Aikau" screens at 7:30 p.m., followed by a Q-and-A with members of the Aikau ohana. Tickets cost \$15 general admission and \$12 museum members. Regular screening prices cost \$10 general, \$8 museum members. Flash passes good for 10 screenings, excluding the opening- and closing-night receptions, plus the chance to win a hand-shaped shortboard by Eric Walden, also are available. To purchase tickets and to see the full lineup of 52 shorts and feature films playing throughout July, visit www.honolulumuseum.org.



Movie poster courtesy Honolulu Museum of Art

"Hawaiian: The Legend of Eddie Aikau" kicks off the film fest July 5. The documentary replays July 13 and 31.

nior Golf for free with one Adult Green fee. Cart fee not included. Call 438-9484.

Workweek Lunch — SB Kolekole Bar & Grill (655-4466) and FS Mulligan's Bar & Grill (438-1974) offer daily lunch, 11 a.m.-1 p.m. Enjoy buffet-style or menu items.

Pau Hana Social Hour — SB Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

8 / Tuesday

Bungie the Clown — Join Bungie as she juggles, dances, creates

balloon sculptures and performs magic at the FS library, July 8, and SB Sgt. Yano Library, July 10. Call 438-9521 (FS) or 655-8002 (SB).

9 / Wednesday

EDGE Home School Adventure — Lean to surf, just in time for summer! In partnership with Outdoor Recreation, this program meets next to Surf n' Sea in Haleiwa, July 9 and 23. Participants should be proficient swimmers ages 10-18. Cost is \$20; instruction and equipment are included. Call 655-9818.

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community

service projects and fun upcoming programs. Call 655-1130. Attend these meetings: •North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone. •South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

Teen Wednesdays — Cosmic Bowling for teens for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

10 / Thursday

Hand Building Clay Workshop — Youths and teens can create their own ceramic tile designs during this two-

See FMWR Briefs, B-6

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Amazing Adaptations — The Waikiki Aquarium introduces a new exhibit featuring sea horses, pipefishes and sea dragons from around the globe. Keiki ages 12 and younger are invited to wear a sea horse costume to receive free admission to the aquarium, today. Also, the first 100 families through the door will receive a free "sea horse pouch" featuring "The Leafy Sea Dragon" book, a sea horse charm and treats. Visit www.waikikiaquarium.org. **First Friday** — Honolulu Chinatown galleries and other arts venues open their doors for artist receptions, live music and refreshments, including the opening of the "Best of Shows" installation, 5-11 p.m., at The ARTS at Marks Garage. Events are free, and gallery walk maps are available at various locations. Call 521-2903 or visit

www.artsatmarks.com.

5 / Saturday

Capone's Comedy Smash 3 — Comedians Sommore and Bruce Bruce perform at the Neal Blaisdell Concert Hall, starting at 8 p.m. Doors open at 7 p.m. Tickets are available at the Blaisdell box office and all Ticketmaster locations, including Walmart. Purchase tickets online at ticketmaster.com or by phone at 1-800-745-3000. Visit caponesproductions.com.

8 / Tuesday

Flight School — Girls in grades 6-8 are invited to learn the history and science of flight, with an emphasis on Pacific aviation and fun, at this hands-on program, 9 a.m.-4 p.m., July 8-10, at Pacific Aviation Museum Pearl Harbor. The program costs \$165 and includes all materials, lunches, snacks and a Flight School logo T-shirt. Email Shauna Tonkin at education@pacificaviationmuseum.org or visit www.pacificaviationmuseum.org.

10 / Thursday

Summer Concert — Foster Botanical Garden presents its "Two-

light Summer Concert Series," featuring the U.S. Air Force "Papana" Band, 4:30-7 p.m., at the garden (180 N. Vineyard Blvd., Honolulu). Admission is free. Call 522-7066.

Lisa Loeb — The Grammy-nominated singer-songwriter plays for one night only, 7:30-9:30 p.m., at the Doris Duke Theater, 900 S. Beretania St., Honolulu. Ukulele wunderkind Aidan James opens the show. Tickets cost \$40 to museum members, \$45 general admission. Visit www.honolulumuseum.org.

11/ Friday

Bellows Closures — Camping at Bellows Field Beach Park will be prohibited July 11-14, 25-28 and Aug. 2-3 for the Rim of the Pacific (RIMPAC) and other training exercises.

Surf Contest — Aloha Boardshop presents its third annual Fish Fry Surf Contest, July 11-13, at Kuhio Beach Park in Waikiki. The contest starts at 7 a.m., July 11, and will celebrate the classic "fish tail" shape of custom hand-shaped surfboards, as well as hybrid shapes of modern surf culture. Entry is \$200 and includes a complimentary contest T-shirt and sponsor-provided goodie bag. July 13, the Red Bull Party

Wave surf competition will challenge teams to create, build and then collectively surf on a manmade vessel and perform a skit on the beach, all while in costume, in order to determine the most ingenious, innovative and downright wacky group of surfers. Approximately 20 teams will be selected to compete. Visit www.alohaboardshop.com.

12 / Saturday

Farm Fair — The 52nd annual Hawaii State Farm Fair takes place 9 a.m.-7 p.m., July 12, and 9 a.m.-5 p.m., July 13, featuring exhibits, games, keiki rides, demos, food, a country market and plant sale, and a Livestock Tent where folks can meet pigs, goats, chicks and steers and learn how they are cared for. The event costs \$5 for the general public and is free to children and students with a valid student ID. Free parking is available. Visit www.hawaiiestatefarmfair.org.

Korean Festival — The 13th annual Korean Festival runs 10 a.m.-9 p.m. at Magic Island, featuring a unique and authentic taste of Korean culture through food, dance, art, music and entertainment. Visit www.koreanfestivalhi.com/en/.

worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)
AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers' Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

•Sunday Services
-8:45 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-10:45 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 9 a.m. at WAAF

This Week at the MOVIES
Sgt. Smith Theater

Call 624-2585 for movie listings or go to aaes.com under reeltime movie listing.

Closed Fri., July 4, for Fourth of July holiday



Maleficent

(PG)
Sat., July 5, 2 p.m.
Sun., July 6, 2 p.m.



X-Men: Days of Future Past

(PG-13)
Sat., July 5, 6 p.m.

Brave

(PG)
Thurs., July 10, 5 p.m. (\$2 matinee)

A Million Ways To Die In The West

(R)
Thurs., July 10, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

Golden Dragons build resiliency in Soldiers, families

**1ST LT. ALEX WURZEL AND
1ST LT. NICK SHUMPIS**
1st Battalion, 14th Infantry Regiment
2nd Stryker Brigade Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — Family support was fundamental to 1st Battalion, 14th Infantry Regiment, “Golden Dragons,” 2nd Stryker Brigade Combat Team, 25th Inf. Division, during 2nd SBCT’s deployment to the National Training Center, Fort Irwin, Calif., in May and June.

The 1-14th Inf. Regt. Soldiers spent 48 days away from Hawaii and their families, which emphasized the importance of preparing and strengthening family networks.

Within 2nd SBCT, a chaplain-run, commander-endorsed marriage workshop is provided; similar to Strong Bonds, the program is called Relationship Enhancement and Sustainment Training (REST).

“Just as the strength of our unit is in the collective team, so too is the strength of our families when properly integrated within the unit,” said Chaplain (Capt.) Darrell Burriss. “One means to do this is the REST marriage workshops, which are great opportunities to connect families across the battalion and build strong family networks.”

The 1-14th Inf. Regt. Soldiers participated in this reintegration training before leaving the NTC, and again during the 72 hours after returning home.

“For the family experiencing a long period of separation, reintegration training is important, because each separation and reunion brings its own unique challenges,” said Sgt. Joshua Potts,



2nd Lt. Ebonee Ervin, 1st Battalion, 14th Infantry Regiment, 2nd Stryker Brigade Combat Team; 25th Inf. Division

FORT IRWIN, Calif. — Staff Sgt. Larissa Anderson (left), 1-14th Inf. Regt., 2nd SBCT, 25th ID, stands with her host family during the battalion's SOS Day, held during 2nd SBCT's deployment to the NTC, here, recently.

chaplain’s assistant, 1-14th Inf. Regt.

“This training is an essential part of our preparation to return home after NTC,” Potts continued. “Family readiness groups are a commander’s tool to communicate with families and ensure they have an understanding of what their Soldier does when he goes to work. At meetings, FRGs distribute information

about upcoming training events to allow the family to identify days the Soldiers may be away from home or working late to ensure unit readiness.”

“Communication helps my family adapt and plan for training, as well as prepares them to be in the right state of mind while I’m away,” said Staff Sgt. Brian Guinn, the Golden Dragons’

electronic warfare officer.

“The battalion commander and command sergeant major town hall meetings are a great tool to get information to Soldiers and spouses. Family support smart cards would be a great tool for families to have in order to know who to contact in any given situation,” recommended Spc. Chase Dunham, a medic from Headquarters and Headquarters Company, 1-14th Inf. Regt.

The Army offers resiliency training to prepare Soldiers and their families to confront the stressors of Army life by providing a multitude of life skills necessary to cope with and excel under adverse conditions. Army resiliency training emphasizes unity and support for one another above the individual and self-reliance.

“Resiliency training allows Soldiers to cope with stress and focus on the mission, as well as teach vital life skills that strengthen mental toughness,” said Staff Sgt. Dustin McMillan, the Golden Dragons’ master resiliency trainer.

Soldiers rely on their families for the support they need to complete their mission. Mission success demands that units keep open lines of communication to Soldiers and families to sustain their continuing support. This support helps Soldiers concentrate on mission success instead of worrying about unprepared families.

“I fully support the training my husband’s unit requires of him,” said Robin Shumpis. “The better prepared he and his Soldiers are, the safer I will feel when he leaves on a combat mission.”

(Editor’s note: Wurzel and Shumpis are unit public affairs representatives for 1-14th Inf. Regt.)

IPC teen residents awarded WinnCompanies scholarships


ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — WinnCompanies, the firm providing property management and maintenance services at Island Palm Communities, awarded WinningEdge scholarships to distinguished residents living in their communities.

Two winners reside at IPC, here.

Ka Ram Yang was awarded \$1,000 to support her studies at Boston University in the 2014-15 academic year.

“Winning this scholarship is very meaningful to me because, although there are much more qualified students, I was able to receive

 **Island Palm COMMUNITIES**
A Leasing Community

such an honor that will help fund my education,” said Ka Ram, daughter of Sgt. Seon and Eun Yang, who looks forward to pursuing a degree in the field of science.

Austin Gillum, son of Col. David (of Headquarters, U.S. Pacific Command) and Dr. Debra Gillum, also received \$1,000 to pursue studies at Leeward Community College and a community college in Upstate New York.

“It’s an honor to have been awarded the



Yang



Gillum


scholarship two years in a row. It will be invaluable in allowing me to further my education in the field of biological sciences,” said Austin.

“WinnCompanies aims to enhance the lives of those they serve ... We’re thrilled to award a WinningEdge scholarship to our residents continuing their education,” stated Tom Adams, director of property management at IPC.

A total of \$19,000 was awarded to WinnCompanies residents at military installations nationwide.

Apply Online

Scholarship applications for the 2015-16 school year are available in February at www.islandpalmcommunities.com.



DeCA partners with local food banks

CHERIE HUNTINGTON
Defense Commissary Agency

FORT LEE, Va. — The Defense Commissary Agency has established a formal process covering diversion of unsellable but edible food to local food banks.

The program now involves 109 stateside commissaries that will divert qualifying food to 76 food banks approved by the Department of Defense, but both numbers will continue to rise.

“During fiscal year 2013, DeCA donated 638,582 pounds,” said Randy Eller, deputy director of DeCA’s logistics division.

“Already in fiscal 2014, we have donated more than 1 million pounds, so our donations this year could approach 1.5 million pounds,” he continued. “This may sound like a lot, and the food banks are certainly grateful, but edible, unsellable product amounts to less than 1 percent of what we sell worldwide. We strive for as little loss as possible to remain efficient and effective.”

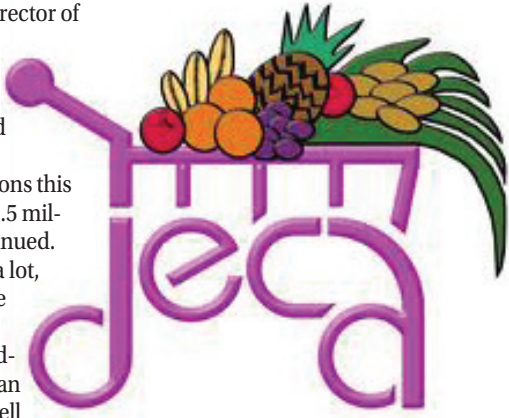
Following the government shutdown in 2013, DeCA and government officials recognized the need for a formal program for diverting unsellable but wholesome food.

Once stateside commissaries returned to normal operations after the Oct. 2-6 shutdown, DeCA received a one-time exception from the Under Secretary of Defense Personnel and Readiness to authorize local food banks to receive food

donations.

With that exception, DeCA turned over approximately \$250,339 in grocery, meat and produce merchandise to 72 food banks throughout the United States, preventing entry into the waste stream.

Turning that one-time project into an ongoing program involved nearly six months of work. DeCA headquarters staff contacted all U.S. commissaries and established procedures to gain approval for participating food banks.



This system differs from the annual Feds Feed Families campaign that runs June-August. Under Feds Feed Families, commissaries serve as collection points for their installations, and all donations come from DeCA customers.

In Hawaii, Joint Base Pearl Harbor-Hickam (both commissaries); Marine Corps Base Hawaii, Kaneohe Bay; and Schofield Barracks all have food bank partnerships.

DeCA operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment.

Authorized patrons purchase items at cost, plus a 5 percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.

Commissary has hot summer deals

SALLIE CAUTHERS
Defense Commissary Agency

FORT LEE, Va. — Commissaries are offering military patrons extra savings on the products they’ll need for their grilling get-togethers, pool parties or ocean-side picnics.

“Summer savings can be found at your commissary all season long, making life easier on your family budget and, at the same time, helping others who are not so fortunate,” said Randy Chandler, the Defense Commissary Agency’s director of sales.

“The commissaries are proud to work with our industry partners to not only provide patrons with great savings, but also to support our wounded service members and their families,” Chandler added.

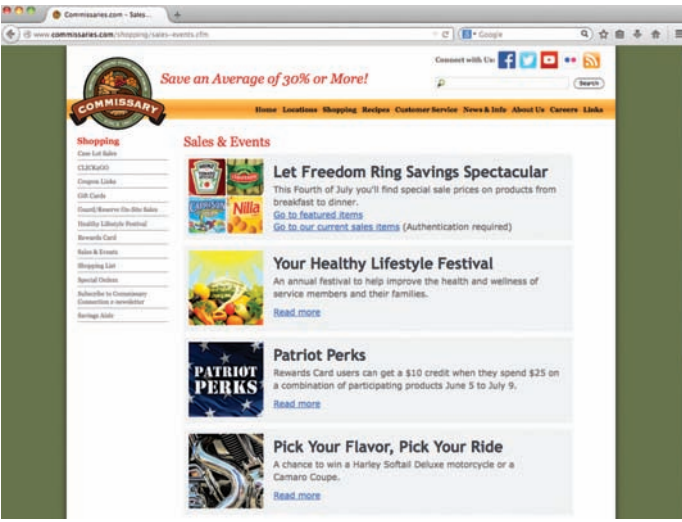
Throughout July, DeCA’s industry partners — vendors, suppliers and brokers — are collaborating with commissaries to offer discounts beyond everyday savings.

Overseas stores may have substitute events for certain promotional programs.

A number of commissaries worldwide are scheduled to participate in the Your Healthy Lifestyle Festivals, partnering with installation exchanges; Morale, Welfare and Recreation/Services programs; health clinics; and local produce growers to offer community farmers markets, sidewalk sales, health and wellness screenings and fitness activities in June and July. (The Schofield event was held June 27-29.)

Commissary patrons are asked to check their local commissary for details on dates and times for these additional in-store summer promotions:

•**Marine Toys for Tots Foundation.** Acosta Military Division and participating manufacturers worldwide are sponsoring the “Summer Savings Spectacular Sale,” July 10-23, which focuses on making donations to support the Marine Toys for Tots Foundation that delivers new toys to children



in need. The Marines sponsor the program, but it is active on most U.S. military bases, regardless of branch of service.

Look for in-store displays for products on special.

A portion of product sales will be donated to the Toys for Tots Foundation.

•**Fisher House Foundation.** Overseas Service Corp. and its manufacturers — Bayer Consumer Care, GlaxoSmithKline Consumer Healthcare and Merck Consumer Care — are sponsoring this annual in-store sales event designed to help support the Fisher House Foundation.

For every dollar spent on participating products from stateside stores, July 10-23, the manufacturers listed above will donate 5 cents to The Fisher House Foundation.

Participating brands include Aleve, One-A-Day Vitamins, Flintstones Vitamins, Aquafresh Toothpaste, Sensodyne Toothpaste, Tums and Claritin.

•**Project Healing Waters Fly Fishing.** S & K Sales Company and

its participating manufacturers are sponsoring a “Project Healing Waters” promotion in stateside stores only, ending July 23.

This promotion supports the nonprofit organization that offers physical and emotional rehabilitation of disabled active military and disabled veterans through fly fishing and associated activities.

Look for in-store displays and a six-page flyer with money-saving coupons that will be handed out in the stores during the sale.


Leading brands will be on sale at reduced prices, and a portion of the purchase price of each item will be donated to “Project Healing Waters Fly Fishing.”

“Our partnership with industry helps DeCA make the commissary worth the trip for more than just the patrons,” said Chandler. “Through shopping in their commissary, patrons can help support worthwhile nonprofit organizations and their fellow service members.”

(Editor’s note: Cauters is a DeCA marketing and mass communication specialist.)


Staying Connected

To learn more about the Defense Commissary Agency, visit www.commissaries.com.



DeCA Sales & Events

Commissary patrons are reminded to continually check the “Sales & Events” tab of the DeCA website for the latest in promo information. Visit www.commissaries.com/shopping/sales-events.cfm.



Memories of Winnebago woes are most distinctive

“Can I have that one? Huh? Can I? Puleeese?” I begged my mother, pointing desperately to the sleeping compartment above the cab of our rented recreational vehicle (RV).

Permission was granted, and I could hardly contain my excitement.

Much like today, economic times were tough for my middle-class parents, who thought renting an RV would make for a cost-effective summer vacation in 1979.

My mother was hesitant due to her propensity for motion sickness, but after assurances of a smooth ride from my father, she soon envisioned herself a virtual traveling June Cleaver, serving cold cuts and Shasta in the spiffy little moving kitchen.

My brother was concerned about the outdated eight-track tape player, until one of his buddies lent him a pretty decent mixtape for the trip.

I had spent a decade happily playing with my Barbie Country Camper, even though I had to pretend Barbie suffered a grizzly attack when my brother ripped the tent off the side. So, for me, this trip was like a dream come true.

After packing our belongings into the appropriate compartments, we were off! My father hadn’t fully backed out of the driveway when my mother grabbed the countertop to steady herself and yelled, “Stop! I feel sick!”

Despite Mom’s vision of serving happy children a mobile lunch over a game of Parcheesi on the convertible table, she spent the rest of the drive firmly planted in the passenger’s seat



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer



File photo

The author recalls how eight-tracks, rotten fish and an RV cabin that could double as a sauna turned what was supposed to be an idyllic summer vacation into the trip from hell.

where she could watch the road.

From my perch above the cab, I had a panoramic view, climbing down occasionally for a cold can of Tab from the handy-dandy refrigerator. My brother played cards at the table and sang along with mixtape hits like “The Devil Went Down to Georgia” and “Ring My Bell.”

My parents settled in, and our Golden Retriever, Cinnamon, found a comfortable spot to nap. We were all beginning to enjoy the RV lifestyle.

Three days later, we were in pure hell.

We soon discovered that the slightest turn of the wheel caused the refrigerator to fly open, leaving pickle jars and soda cans rolling around on the cabin floor. The constantly looping eight-track tape seemed more like an enhanced interrogation technique after a few hours. It also quickly became apparent that the air conditioner was

go out for seafood. At another scorching southern campground, the water and lights in the communal shower house shut down promptly at 8 p.m., to the surprise of my father and brother, who had just lathered up.

Another night, I whined incessantly about the heat when the cabin’s finicky AC finally gave up, prompting nearby campers to yell, “Can’t you keep her quiet!”

To make matters worse, after paying the exorbitant gas prices just outside of Chincoteague, Md., my father inadvertently backed into the gas pump, ripping the spare tire cover. My brother also tore a 6-inch hole in the vinyl upholstery when he forgot about a screwdriver in his back pocket.

The pièce de résistance happened while in the searing heat of North Carolina, when my brother left a bag of fish he caught in a compartment under one of the seats, which wasn’t discovered until we were hit with a blast of pungent aroma two days later.

By the time we headed home from our summer vacation, our top-of-the-line RV looked more like a rolling ghetto careening down I-95, reeking of dead fish, with curtains flying out open windows, soda cans rolling around the cabin floor, and the ripped tire cover and dog’s tongue flapping in the wind.

On a dirt road somewhere outside of Cumberland, W. Va., we all kept a lookout while Dad illegally emptied the septic tank into a ditch. From my sweltering lookout, I decided right then and there that my Barbie Country Camper would soon be taking a trip straight to the Goodwill.

(A 20-year military spouse, Molinari’s column appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)

Briefs

CONTINUED FROM B-2

day workshop, 10 a.m.-noon, July 10 and 17, at SB Arts & Crafts. Cost is \$25.

Kid Science — Dinosaur-In-A-Can, the glow Electric Pickle and even a kid-created Thunder Storm are at the FS library, 3-3:45 p.m. This free event is suitable for elementary-

aged children. Call 438-9521.

12 / Saturday

“Read to Me” — This summer program for children up to age 5 runs through July 12 for rewards program portion. For more details, contact USAG-HI FMWR libraries at 655-8002 (SB) or 438-9521 (FS).

Summer Reading Club — The summer reading club “Paws to Read!” for children (ages 6-12), teens (ages 12-18) and adults (18 and older) ends July 12.

Read one book a week and receive a weekly award, while supplies last. For more details, contact USAG-HI FMWR libraries at 655-8002 (SB) or 438-9521 (FS).

Dentists continue to fight uphill battle against sugar

DR. (COL.) GEORGIA ROGERS
Consultant to the Surgeon General for Dental Public Health

Sugar is being called “the new tobacco.” Its many forms have been linked to the increasing rates of diabetes, heart disease, nonalcoholic fatty liver disease and other chronic diseases in the U.S.

Army dentists have been fighting on the front lines against sugar for decades. Despite their best efforts, tooth decay continues to be the main cause of dental disease and non-battle injuries among deployed Soldiers.

From 2000-2008, the oral health of DOD recruits worsened. The 2008 Tri-Service Oral Health Survey revealed that Army recruits have higher numbers of untreated cavities compared to other DOD recruits. A study at the largest Army installation showed that about one-third of Soldiers develop new treatment needs every year.



Courtesy photo

Drinks that contain high amounts of sugar and caffeine, such as fancy coffee drinks, are major contributors to the high incidence of untreated cavities and other dental diseases among Soldiers.

Soldiers have better access to education about oral hygiene and proper nutrition, fluoridated water, fluoride toothpaste and dental care than many Americans. But Army dentists report that these defenses can’t compensate for Soldiers’ frequent snacking habits and the popularity of soft drinks, sports drinks, energy drinks, sweetened coffee, sweet tea and coffee boutique drinks (frappachinos and the like).

Army dentists are all too familiar with the rampant decay that results when a Soldier sips on sugary drinks throughout the day. Drinks that contain high amounts of sugar, caffeine and citrus flavors often cause extensive tooth decay, likely due to the combination of high sugar content and organic acids.

Young Soldiers often don’t pay attention to the sugar, calories or caffeine in their drinks. For example, one large iced coffee can have 11 teaspoons of sugar. But even if they check

the label, looks can be deceiving. The amount of sugar, caffeine and carbohydrates per serving listed on a single can of an energy drink may not seem that bad, but the can may actually contain two servings, so you must multiply by 2.

For reference, the 16-ounce Monster, the most popular energy drink purchased at Army & Air Force Exchange Service stores, has 13 teaspoons of sugar per serving, and the 20-ounce Mountain Dew, the most popular soda, has more than 18 teaspoons of sugar per serving.

Caffeine and sugar have both been shown to be addictive, and Soldiers are just as vulnerable to the caffeine rush and sugar high as other Americans.

During deployment or intense training courses, Soldiers can come to depend on these drinks to stay alert or to relieve boredom. They return home with souvenirs that they would rather not have — a mouthful of new cavities.

Col. Johnette Shelley, director of Health and Wellness at Dental Command, recommends Soldiers practice the following countermeasures to protect their teeth from decay:

- 1) Replace sugared beverages with sugar-free alternatives, plain water, mineral water or unsweetened coffee or tea.
- 2) Fruit juice contains sugar and acid also, so limit juice to 6

ounces of calcium-fortified juice per day. Eat fresh fruit to meet daily fruit intake goals.

- 3) Drink sugary or acidic drinks quickly, within 15 minutes, rather than sipping on them for an extended period of time.
- 4) Limit meal, beverage and snack intake to no more than five times per day. Combine sugary beverages or juice with a meal, ideally near the beginning of the meal.
- 5) Try to drink sugary, erosive drinks cold to minimize the acidic effects.
- 6) Use a straw that reaches to the back of the tongue to keep the drink away from your teeth.
- 7) Drink plain water immediately following the sugared drink to “wash” it off the teeth and neutralize the acid from the drink. Chew sugar-free or xylitol gum to help neutralize acid.
- 8) Wait at least 20 minutes after drinking sugary beverages or 100 percent fruit juice before brushing teeth with fluoridated toothpaste.
- 9) Do not rinse your mouth after brushing; just spit several times to remove the excess toothpaste. Also, don’t eat or drink anything for at least 20-30 minutes after brushing, so the fluoride can stay on your teeth as long as possible.

Remember, if you sip all day, you get decay!

Triad is in Week 5

U.S. ARMY GARRISON-HAWAII
Public Affairs

Think about what motivates you to live a healthier lifestyle. What can you gain from increasing your activity, eating healthier and getting more sleep?

How will you feel when you reach your goals?



Sleep Goal. Check your sleep environment. Make sure it is dark, quiet and at a comfortable room temperature. Don’t use electronic devices in the bedroom.

Activity Goal. Have you been sitting down on the job or at home? Walk around for a few minutes at least once every hour. Staying active throughout the day can help you fight chronic conditions, stress and unwanted weight gain.

Nutrition Goal. Breakfast and lunch are your best energy-producing meals. Focus on foods you need, and start with breakfast.

Eat a breakfast that helps you meet your food-group needs. People who skip breakfast have less energy and often weigh more.

Resources

To get involved with the Performance Triad, call Sgt. Randall Busick, the challenge coordinator, at 433-8349.

Check out this link to eat healthier meals:
www.Choosemyplate.gov/weight-management-calories/weight-management/better-choices/foods-you-need.html.

